

RELATIONSHIPS

We know that many people struggle with tremendous confusion about when it is biblically appropriate to set limits. Many symptoms such as depression, anxiety, marital struggles, etc. find their roots in conflicts with boundaries. At CCV, we believe setting biblical boundaries will enable you to achieve the relationships and purpose that God intends for you.

BIBLICAL FOUNDATION

- Proverbs 4:23
- Matthew 7:6
- Matthew 5:37



CCV RESOURCES

Check out RightNow Media for additional resources related to Boundaries, [click here](#).

CCV Message Series:
[Let's Talk About It](#)

[Let's Talk About It: Counselor Interview](#)

If you'd like further support surrounding this topic and would like to speak to someone on our staff, [click here](#) to reach out.

READING PLANS

YouVersion Plan
[Boundaries 101](#)

YouVersion Plan
[Setting Healthy Boundaries](#)

Boundaries

Henry Cloud

Drs. Henry Cloud and John Townsend help you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.

Boundaries For Your Soul

Alison Cook

Do your emotions control you or do you control your emotions? Many people let guilt, anger, or self-criticism dominate their lives and negatively affect their relationships. Boundaries for Your Soul shows you how to calm the chaos within.

Boundaries in Marriage

Henry Cloud

Only when you and your mate know and respect each other's needs, choices, and freedom can you give yourselves freely and lovingly to one another. Boundaries are the "property lines" that define and protect husbands and wives as individuals. Once they are in place, a good marriage can become better, and a less-than-satisfying one can even be saved.

Podcast | Boundaries

Henry Cloud

Dr. Henry Cloud's Boundaries.me podcast features inspiring stories about the benefits to your relationships, mental health, productivity and wellbeing that come when you implement healthy boundaries.